

IMEC (Marie Cobel) with "Friends"  
April 14, 1985

### **Session 61: Seek Higher Guidance; Aspects Are Not Your Consciousness**

Would it be true that you represent for us, some aspect of some element of the higher self or the higher self itself? The individual's consciousness is fluctuating and being used with these aspects. The individual confuses the consciousness with these aspects and thinks that the expressions being given are their own. In fact, they are the aspects, and one realizes that the expressions one is expressing are thought patterns and ideas handed down through generations which are not their consciousness but only repeated phrases and concepts. When one first recognizes this, one can grasp the tiny spark of the consciousness, the self, separated from all thought form, and begin to separate oneself from the material, the material side of one's being as one identifies with one's thoughts and one's physical body. As this begins to occur, the consciousness reaches out for a way out of this situation. Others who have reached the freedom from the bondage of the aspects and the material substances reside or experience another reality on another level of being. And, as this formation exists differently than the formation on the physical plane and in your mental plane, we have the ability to send out rays to an individual who is seeking the expansion, the freeing of the consciousness.

If a man had to seek a purpose on the Earth plane, it would be to free the consciousness residing within himself. We will assist in directions and in instructions, but in no way force or change vibrations of our accord. You see, the vibration must be changed within the individual and what is occurring is the individual's taking their consciousness. That moment that we spoke about when the two points of the triangle comes together – there is an instant, less than an instant where there is the energy created in that instant before the fourth point, the system, comes into the second triangle. In that instant of energy is the point where the individual can control and direct the energy, the control of the energy is only in that instant. As the individual recognizes this and becomes aware of the energies in their own system – as they become aware of the functionings, and that these energies are out of control – the focus is directed and what proceeds then is the individual, through the act of will, focuses on the energies within their own system and a transformation then occurs with the conscious effort of the individual working with these energies and freeing the energies in the thought forms holding negative vibrations.

When one comes in contact with a negative vibration, the vibration is held together with conscious energy that was unconsciously used in the individual's existence on the Earth plane. This energy must be undone with a conscious energy directed to it and recognizing that many of the thought forms, inside the individual through concepts, are holding the energy. It is conscious energy that is trapped and supports negative vibrations, concepts of all manner of individual opinions, of all types of various subjects dealing with the Earth plane. The energy that is being used to support these systems is not free energy for the individual to focus or gain their conscious awareness to realize the "real world" – the real and true potential, the expanding of the consciousness and the reaching out to other realities. While the energies in the individual is supporting these ideas, it cannot support

other ideas which would allow them to expand their consciousness. Then the process begins – guidance – and we work with individuals to point out how they can free themselves. When one is free of fear, when one no longer finds within their energy system anger or any of the functions that now consumes the man on the Earth plane, as one reaches this particular point, the energies that were supporting the negative ideas and concepts are then freed. As they become free, the consciousness of the individual automatically starts to expand. The process then becomes more and more as the individual releases all manner of thought forms that held them into the bondage. Then the consciousness expands.

As the consciousness expands, one develops, or reaches, or finds, or becomes aware of the higher forces within the individual. As the total thought processes, the total consciousness, is allowed to be focused and free of all concepts that hold it in bondage, and it flows freely through the individual – if one could visualize all manner of concepts, precepts, vibrations, flowing into their energy system and then flowing out and not being stuck in one's aura, but received, acknowledged, blessed and then sent on its way – then one is in touch with one's own higher consciousness. There is a developing of the consciousness itself – it is a matter of differentiating between or coming to an understanding of exactly what "I" is to an individual. One speaks of having – I have a body, or I have thoughts, or I have things, and then one says I have a higher self. One continuously remains separated, and yet obsessed but yet controlled by this type of thinking. One must come to an understanding of exactly who and what "I" is, and who and what higher self is and aspects are and then they will begin to understand.

As the consciousness becomes free there is an expanding within the energies and the aspects, which are your friends, their goals then become pure consciousness. As the aspects – the energies are the aspects that have taken on personalities, ideas, and functions – as each of these aspects release the negativity and take on the pure enjoyment of becoming free and join in, one has the total energies going towards one goal. Many of your aspects are going in opposite directions because of the many different directions that one allows to flow through one's mind. One thinks to achieve one thing and before that is done, one thinks to achieve another thing. Therefore, the aspects are going in many different directions without the conscious control. However, when one brings all of these energies into the same purpose, then the situation becomes much easier because then all of the aspects are bringing to the attention those things, those ideas, and those concepts which would bring one closer to the freedom one is seeking. So, the change is when one gets in touch with one's higher self, that one has reached the point then of having one's aspects work with one. As one's aspects unite together with this one total force, the thought patterns, and as we said, if they are inter-linked with the physical body and then also with the emotional body and when with the emotions are freed from the negativity, and can again function in the natural state of freedom of life and freedom of joy, then the aspects and the physical body then are functioning together and all three energies are in harmony toward the same goal. Then one could say one is in touch with one's higher forces. We speak to you from a reality where others have sought the freedom and they now function as a unit. It is difficult to explain so that it does not become confused with your Earthly existence. However, one can perceive that the cells make up organs and organs make up systems. And, we could say that we are in a system

where also there are units of cells, structures that then join together to become organs. And, organs join together to become systems. So, in one sense, also because of the unity of the universe, you could say, justifiably, that we are the guidance for this individual. But that would be misleading in the sense that we belong totally to this individual that would be a wrong conception on your part. However, we are acting as guidance, but we are not quote "this individual's guidance" alone.

When the individual reaches the point in development where her total energies are united with the same purpose, then will she be able to make the conscious, the decision, about joining into other systems of the universe, other than the Earth energies. When the total energies of a being on the Earth plane has reached that point of union with itself and has brought its total energies to a point of complete consciousness, then, that consciousness selects what organ, what position, what purpose, then it would choose to expand itself into the universe. And it is only after this has been accomplished that privilege is given to a consciousness. Because prior to this, the consciousness is not developed and does not know, does not have the knowledge to direct itself to other consciousnesses.

And we would say to you, an illustration of what we speak. You, when many of you, go into your meditative states or you seek guidance, you put out the thought for no forces lower than yourself to enter into your being. Have you thought about your seeking to go into the level of higher beings with your imperfections? So, one could study much on this and say that if one wishes to reach those higher states, then one must make oneself worthy as one is not willing to allow one who one considers under themselves in the spiritual realm to enter into them for the sake of learning then one is not then capable or would not have within their consciousness, the purity to enter into a higher, a being of a higher state for the sake of perfection. The point of this was only to bring out your thinking processes, not to criticize your thoughts but to point out again to you how your thinking limits you. How the fear factors limit you. Therefore, in your affirmation, there is an element of fear, you see, and it is not a criticism it is for you to analyze your way of thinking and to consider the idea that it is in thoughts that have created and placed the consciousness of the all-encompassing being on levels of consciousness that one is higher than the other and some are not worthy to enter into "my being." Think what this does, what it says, it automatically places one's ego into play in that it has become purer than another entity residing and it is again, you see, man is so trapped in his concepts, in his thoughts, that have become automatic and his strivings to reach purity, he automatically creates impurity. And it brings alienation to his brothers and sisters who he would believe are under them or not reach their points. You see, this is what we wish to bring out to you. That this is concepts. That in the creation there is only creation. All, the all, is the creation of the creator. On the Earth plane it is man who has created those things which are considered less than perfect. And this is what one strives, one says one strives to reach the perfection. To do this one must realize that one is imperfection – that the imperfection exists only within the concepts of the individual in the subjective state of the individual. When one can learn to see in a totally objective manner, one will see the purity of creation. The oneness of a creation.

As one has reached the point that we spoke of, the guidance, the purity, the freedom, the aspects in union then would bring only to the consciousness of the individuals those things which would bring to it what it so desired. It would then bring to the consciousness, all in an objective way, rather than now the aspects interpreting received vibrations in a subjective way. And with your concepts as we spoke of earlier, one is constantly being subjective. And then, one would then say, that one is walking with one's guidance and then as one is being perfected and brought their total being into a state of harmony that those that you accept as having reached this on the Earth plane. Then they would be able to choose where they would send or focus their consciousness when they chose to leave the Earth plane. They would be able to choose a certain level as to a particular state of consciousness that one would wish to experience. Those in the various levels of consciousness would bring to the awareness of the individual the possibilities and the acknowledgement of these other states of realities and then allow the individual through a process of reaching the state that would be required to enter into that state; this has nothing to do with being right or wrong or good or bad, it is a state of vibration. That is where the good and the evil has become misunderstood on the Earth plane. As one speaks of good or evil, that is not so. It is a matter of vibration. And as one then, in order to exist in certain areas, one's vibration must be in harmony. One can bring their energy into that state of vibration to experience that particular state of consciousness that they so choose.

When we work through other individuals, what will be perceived will be perceived differently because of the subjective reception of the individuals. Each individual as long as they receive vibrations subjectively, will have their own interpretation. To receive the energy as it flows through this individual is now being expressed one could say in combination with the energies of the channel. Our energies flowing through another channel would have another type of expression as each listened to it subjectively. If you remember this, and do seek the guidance without a name, and if one needs one can put one's name onto it. But what comes into here is the human element of trying to place as we said this energy in a particular type of energy field which it does not exist in. If you would, turn your meditations into stopping thought processes and go into your meditations without the desire to receive information. If you go into the meditation with the sole purpose of doing nothing, of not thinking, of not experiencing, of just total nothingness that then will allow the pure consciousness to become familiar with the surroundings. Because the perceiving of thoughts and the perceiving of physical impressions, the perceiving of colors, all of these various entertainments is the activity of the concepts, the activity of the aspects who are bringing and keeping you in touch. So, it is very difficult for the Earthling to understand that the consciousness which they seek and which will liberate them begins with nothing because what you call nothing is that state of consciousness which you have not experienced for so many decades that it has become forgotten. And unless there is stimuli constantly working within the energy, one thinks one ceases to exist. So, if you will try this and do not lead your meditation, thinking that you did not receive all manner of worthwhile information, that you did not see great lights and colors. Did you come from a meditation and you experience no sensation and no thought? Then you reached that state. And as one can reach this state longer and longer, then one would say the energy is stored, that consciousness is gaining. And you say, "I have no conscious

knowledge of it.” This is true on the diverse levels and this is what it takes for the consciousness to gather the energy from the aspects. As long as this manner of phenomena is occurring in your meditation, it is the aspects using the consciousness energy.

The act of doing nothing is the act of achievement. The act of doing nothing is the act of the pure consciousness. The act of doing nothing is when you start to become free of the aspects. As you gain this purpose, if you set the purpose within yourself, you will see what we mean. As you go into your meditations to do nothing, watch the aspects creep in with all manner of information of thoughts, of trivia, of those things which bring you absolutely nothing in the sense of enlightenment. But use the energy. And then, if you gain enough energy by doing nothing, you will then be experiencing in your daily life, the subtle, the subtleness of the influence coming through. And you will learn to differentiate between the pure consciousness giving information and the aspects giving information.

Our forces never, at any time, interfere with the normal functioning of an individual that we are working with. We work with the individuals doing their states of meditation and during their purposes of setting for this control. We do not interfere and take their consciousness when they are occupied with duties on the Earth plane in the sense to interfere with them. Many times what happens and during sessions when we are giving you the concepts, you see, we work through concepts, that is the only way in this method that we can and so we use the concepts and the individual and the aspects also, you see, is aware of this. And what many times happens is that after sessions are over, the aspects who are beginning to become interested and work with the individual can hook on to the session. And then they could, the aspect in trying to work with the individual and then taking over as it were, can run the information over and over and one could say that one's guidance is coming through when one is trying to do one's work. One must thoroughly understand that if this happens, you see, it is the aspects. It is one's energy then, one's energy and one's own consciousness' inability to control their aspects. Never would we interfere in this manner. And, so, even though there is much knowledge that the aspects can give one in their daily existence, and in their communications, and in their working to achieve those goals which they have set for themselves, they can become presumptuous and can override the normal functioning. One can become obsessed with an aspect within their own energy, and the aspect can then confuse the individual into thinking that they are the guidance and can monopolize the totalness of the consciousness of the individual. So, one must recognize that if one chooses, one consciously chooses to focus on one's material work, and the thought processes start to run through the mind of an individual on a session, you see, this is not control. The individual should then recognize that they have lost conscious control of their aspects. And the aspect pretending to be the guidance has overshadowed the aspect of one doing one's duty on the Earth plane. This should be thoroughly understood. We hope you can understand by some of the examples, the aspects work as to they are constantly, also, fooling, one could say, the individual consciousness and can at any time in various times have the individual totally confused until possibly their next session. If the aspects gain very much control then in the sessions themselves the aspects can dominate the sessions.

*Report by Daniel Erickson*  
*Edited by S. Solomon*